



## Hemoglobin A1C and Estimated Average Glucose (eAG)

The following goals are for nonpregnant adults from the American College of Endocrinology (ACE), Joslin Diabetes Center (JDC), and American Diabetes Association (ADA). We recommend using the ADA recommendations for minimum control.

Goals	ACE	JDC	ADA*
HbA1c	6.5 or ↓	7 or ↓	7 or ↓
Fasting or premeal blood glucose levels	Below 110 mg/dl	90-130 mg/dl	90-130 mg/dl
Blood glucose levels two hours after meals	Below 140mg/dl	Below 160mg/dl	Below 180mg/dl

This graph shows the relationship between your A1C and your estimated average glucose. Many studies were conducted to show the formula used is:

$$28.7 \times \text{A1C} - 46.7 = \text{eAG}.$$

A much easier way to figure it out is to use the Glucose Calculator at:

<http://professional.diabetes.org/GlucoseCalculator.aspx>

Every percentage point drop in A1C blood test results, for example, from 8.0 to 7.0 percent, can reduce the risk of microvascular complications—eye, kidney, and nerve diseases—by 40 percent.

Reviewing the goals above and comparing them to the eAG, it is easy to see how maintaining good control will keep your A1c's at goal and help keep you healthy for the long haul.

A1C	eAG
%	mg/dl
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269